

# Princeton Nassau Pediatrics, P. A.

[www.princetonnassaupediatrics.com](http://www.princetonnassaupediatrics.com)

## 2 Month Well Visit

### *What your baby may be doing now:*

- Smile in response to your smiles
- Coo and gurgle
- Respond to voices
- Push up on arms while on belly
- May have decreased frequency of stools, and may even skip 3-4 days between bowel movements

### *Feeding:*

- Breastfeed “on demand”- let your baby decide when and how long to nurse- he or she may become more efficient, and take less time to feed now.
- If using formula, feed your baby 2-4 ounces every 2-4 hours- increase as needed
- Your baby does not need solid food until 4-6 months of age
- Do not give baby honey in the first year of life

### *Sleep*

- Place baby to sleep on his back (not on side or stomach), on a firm sleep surface.
- Try to put your baby down to sleep while she is drowsy, but still awake. Some babies cry before falling asleep, and 15-20 minutes of fussing is okay.
- Try to make nighttime feedings brief and boring- lights off, no playtime!
- Do not wake your baby to feed at night unless directed by your pediatrician.

### *Safety*

- Use a rear-facing car seat for every ride

- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Protect baby from direct sun exposure

### *When to call the office:*

- If your baby is vomiting, feeding poorly, is having trouble breathing or has a rectal temperature over 100.4°F, or if you have other concerns.
- For routine questions, call us, or check out the [Pediatric Advisor](#) section on our website

### *Vaccines at this visit:*

- [DTaP](#)
- [Polio](#)
- [Hib](#)
- [Prevnar](#)
- [Rotavirus](#)
- [PNP Vaccine policy](#)

Your baby may have a mild fever or fussiness after his vaccines today. You may use Tylenol every 4-6 hrs as needed over the next 2 days using this [dosing chart](#).

### *Web Resources*

- [www.aap.org](http://www.aap.org)
- [www.preventiveoz.org](http://www.preventiveoz.org)
- [www.breastfeeding.com](http://www.breastfeeding.com)
- [Colic Advice](#)
- [Spitting up in Infants](#)
- [Children’s Hospital of Philadelphia Vaccine Website](#)